

# Faith for Today

**OUR VISION - A world powerfully transformed through the growing movement of shared spiritual awakening.**

**OUR MISSION - Empowering personal growth through positive spiritual principles, inspirational music and community service.**

## Heart 2 Heart Connections

### Dear Unity Community,



Here we are starting the beginning of fall season. It is almost six months since many of us have seen each other. I thought this would only last a few months. That has not been our reality. Each week I attended San Diego County's Faith Based Organization's Zoom meetings waiting for a decision. In May, the state and county decided faith communities could resume in-person in-door services within certain guidelines. Our Unity San Diego Board decided to wait until July 5th to see what would occur. Just before our scheduled day to open, the numbers started rising. Our board voted to suspend in-person services due to the rise. Within a few days of our board's meeting, churches were mandated to stop meeting in-person inside until further notice.

Now, here we are; a half of a year without worship in the manner we are accustomed to. I MISS YOU! I have grieved and imagined seeing each of you again. I prayed, asking Spirit to give me ideas for ways to create connection. So, I asked Rev Karla to partner with me to provide a daily prayer and meditation on our church FaceBook page. Now several of us are providing the daily prayer.

When I did not have the physical ability to contact you due to the enormity of our typical work week and all of the meetings, trainings, looking at ways to cut costs and online duties, and shared my grief, sadness and frustration with staff and board, together we formed a team of 21 to call our active members. We call once or twice a month.

Each of us can also look for ways to connect with the indwelling Presence and with each other. We can look at what has been occurring in the past six months as a catalyst for transformation. One of the simplest and most profound ways to connect with God is with the practice of gratitude. While teaching the Absolute Abundance class with the board, we split into pairs so we could share three things with our partner that we were grateful for each day. What we discovered is that life does not seem to be so bleak. Perhaps you could connect with someone from church on a regular basis and talk, text or email three things you are grateful for each day. Sharing gratitude with someone lifts each person's attitude. I pray for Divine connection for everyone.

Please pray with me: "I affirm a continuous attitude of gratitude in all areas of my life."

Have a wonderful rest of your day,

Reverend Edith  
Senior Minister

# Uplifting Update

Do you remember when you woke up the day of your birthday. You were filled with anticipation. Who will come to my party, what gifts will I get, what will my cake taste like? You were so excited you could barely stand still. That is how my eight-year-old daughter acts each Sunday as she awaits her weekly Unikids class.

Each Sunday Unity San Diego's Youth Director, Akosua Washington-Woods and our wonderful Sunday School teacher Tamara Leeper hold a virtual class that teaches Unity Principles to our kids ages 5-10 in fun and exciting ways.

Unity co-founder Myrtle Fillmore emphasized the importance taking care of the children when she said, "Our mission is not to entertain the children, but to call them out. To be always entertained is to be dwarfed and dependent. To be 'called out' is to follow the harmonious law of the soul's unfoldment. Who meddles with the rosebud? What fingers are deft enough to pry open that marvel of folded beauty? We are wise enough to leave it alone to follow the glad law of its own unfolding, but our children! Have we dealt as wisely with these buds of marvelous possibilities? Have we always remembered that they, too, must quicken and unfold through the innate law of their own genius?"

One of the things I think is most successful in our Youth Ministry is the way that Akosua and Tamara use the "Living Curriculum" way of teaching our children. Instead of filling their heads with facts and scriptures to memorize, they "draw out" meaningful portions of each lesson by using stories, experiences and creative expression. This is in line with Myrtle Fillmore's admonition. It is also a fun way to allow each child to go within and form their own unique relationship with the God of their own understanding. What a gift this is to give our Unity children!

In this time of kids and zoom calls, it is truly a challenge to keep our children interested and involved. Akosua and Tamara continue to do a fabulous job and are true blessings to our children.

If you know of a family that would benefit from our fabulous Youth Ministry please contact our Youth Director Akosua Washington-Woods at: [akosua.yfm.sandiego@gmail.com](mailto:akosua.yfm.sandiego@gmail.com).

Blessings,

Rev. Karla Lightner, Associate Minister

## Letter from the Board Vice President, Billiekai Boughton

"You cannot force a rose to bloom," my grandmother would respond while we impatiently urged her to hurry up. She has to fix her hair, put on her eye lashes, stockings, fancy shoes for going out, and naturally she had to switch all of the contents of her handbag from one to another to ensure that it matched the entire ensemble. This statement would be followed by the heavy sighs of grandchildren that were ready for a ride in the car and ice cream. Even in these small family moments, Divine Order was in place. There was a natural progression to her getting ready, stockings and then shoes...not the other way around. Just as there was a natural progression to the growth of a rose. Seed, to sprout, to adult, to flower and the magic arrives with a sweet scent. The rose cannot be rushed. Likewise, the will of God cannot be rushed. Divine timing is an important progression in our lives, each step leading us to the next, and the next, until we are ready for the bloom that the Divine unfolds for us to enjoy, love, and become enchanted with its beauty. May the process of nature today remind us to be patient with our lives as they grow at their own spiritual pace, remembering that some of us grow faster than others. Nature is ever patient and tolerant, and I pray that we extend that boundless grace both to ourselves and each other.

Big love and big blessings,  
Billiekai Boughton  
Unity Board Vice President

# Youth & Family MINISTRY

I bring you blessings and peace! I am surrounding you all in continued safety and prayer. The Youth & Family Ministry is circled with joy, growth and spiritual blessings. Right now, life looks differently than we were used to, but our Unity family is strong and powerful in LOVE and in PRAYER.

I am aware that there are plans in some school districts to bring young people, particularly elementary students, back into school in-person. Please note that despite these plans, Unity San Diego will continue the Zoom calls with both the YOU/UniTeens and the UniTots/UniKids on Sundays. There will be no in-person YFM or childcare until further notice.

Southwest Unity Regional Youth & Teen Events Director, Angie Keyes hosts a Zoom call on Sunday mornings from 11 am-12pm for the YOU and UniTeens (ages 12-18) throughout the region. She has them fully engaged in participating in lessons run by the young people in both large and small groups. If you have a YOU/UniTeen that needs the connection information, feel free to reach out to me for the information.

Also, Sunday morning from 11:30am-12:30pm a Zoom call takes place with our UniTots and UniKids (ages 3-11) group. The call is hosted by Teachers Tamara Leeper and me, along with parent volunteers. Again, feel free to reach out to me for information on the Zoom call connection.

On Zoom, September 18th & 19th the YFM Leaders will attend a YFM Leaders Conference hosted by the Regional Rep and YFM Directors. Further, there are webinars and seminars being done online with the member services department of Unity Worldwide Ministries that are open to all who are interested. They range from YFM topics, Teen Suicide, Accountability, Inclusivity, Misplaced Generation and a host of other topics. Some of them are one-time seminars and others last over the course of several weeks. I encourage you to log onto UWM's website and register.

As you can see, our youth and YFM department continue to be busy! Our young people continue share in our vision of being prosperous, abundant and connected. We appreciate your continued support and thank you for your trust!

And as always, We Stand in Love!!

In gratitude,  
Akosua Washington-Woods Youth & Family Ministry Director  
akosua.yfm.sandiego@gmail.com



## Dear Congregation,

I miss you all tremendously! During a recent Faith Based Organizations zoom meeting with San Diego county, I asked if I could meet with congregants. They say "YES!!!!!!" It has to be myself and up to four. They suggested we do so in a park. We can meet for breakfast or lunch.

I have only visited a few parks since I've lived here; however, I would be willing to meet you at one close to your home. If you would like to meet with me please contact me at so we can set up a time and date. I can't wait to see you!!

Rev. Edith  
RevEdith@unitysandiego.org

# Prayer MINISTRY

## Planting Seeds of Peace Within

We know that seeds wait for enough moisture to sprout. We also know that prayers prayed plant and nourish the seeds of peace in each of us. Let us in the Prayer Ministry support you in your prayer life. We affirm daily for each of you the joy of life, the wonder of life, the wisdom and guidance of Spirit and the love beyond any imagination. We know you are a precious person placed here to live out your Christ consciousness in all its glory. Affirm this now for yourself:

I am a precious creation of God-love. I can do all things through the Christ within which strengthens me. I am raising my consciousness minute by minute to that of the Christ. I am at peace. I rest in love and all is well.

Despite outer circumstances, I can return again and again to my true loving self.

Join us on the second Wednesday of each month on Facebook for prayer and meditation.

Thank you for your support of this special ministry. We are available 8-5 pm, Monday through Friday.

We look forward to praying with you,  
Your Prayer Ministry

## El Nido Update

Apartment 11 is still not refurbished. Interviews for a family still need to be done. We may not have a definite date for moving items until September. Thank you for your patience and prayers for this important endeavor.

Thank you to the following people who have contributed so far with food, money or services to the El Nido project. Emmi M, Rashna and Gerry K, Carol K, Jamie's Joy, Aline K, Kathy and Butch D, Lynn E, Marian D, Martha E, Mike M, Martha Y, Sharla and Mike B, Diana PM, John and Teresa F, Asilki J, Jen W and son, Kelly M and Anonymous.

Thank you for your service.

### Items still needed are:

**Basic food items: (several people could help)**

**salt, pepper, oil, sugar, soup, rice, beans, canned chicken, tuna, canned vegetables, peanut butter and jelly, bread, cheese, milk**

### These items are needed for the current 5 families at El Nido.

Please notify Aline King at [ankunity@gmail.com](mailto:ankunity@gmail.com) if you can contribute something. Many thanks.

**Clothing and shoes for children - all sizes**  
**Diapers, size 6**  
**Pull-ups, size 2T-3T and 4T-5T**  
**Board games - any type for any age group**  
**Art and craft toys or kits**

**DVD movies**  
**Adult coloring books**  
**Face masks for children**  
**2 white noise machines**  
**1 adult bike**

Please contact Aline King at [ankunity@gmail.com](mailto:ankunity@gmail.com) to say how you too can help. Will need 4 strong young men to pick up furniture and deliver to upstairs Apt. 11. Will need 3-4 persons willing to unpack, clean dishes and cupboards, stock refrigerator and make beds.

Prayer Ministry (619)282-7609 | [PrayerMinistry@UnitySanDiego.org](mailto:PrayerMinistry@UnitySanDiego.org) | Daily Word (619)281-LOVE (5683)

Unity San Diego 3770 Altadena Avenue, San Diego, CA 92105 (619)280-2501

# World Day of Prayer 2020 Schedule

[www.unity.org/wdop](http://www.unity.org/wdop)

***Standing in Truth, I move from fear to faith.***

**Focused on the light, I look with kindness upon fears and worries,  
for they urge me to harness my great power of faith.**

**Join Unity San Diego and many others for this special program.**

**All World Day of Prayer events will be live streamed on Facebook and YouTube.**

**We welcome your participation and comments. Please share events on social media using the hashtag #WDOP20. Spanish link, <http://www.unityenlinea.org/wdop>**

## **Wednesday, September 9th at 5 pm (PST - Opening Ceremony**

- Rev. Linda Martella-Whitsett, Vice President, Unity Prayer Ministry
- Rev. Ogun Holder, Senior Minister, Unity on the River, Amesbury, Massachusetts
- Rev. DeeAnn Weir Morency, Associate Minister, Unity San Francisco
- Rev. Ana Quintana, Associate Minister, Unity of the Triangle, Raleigh, North Carolina
- Music by Eddie Watkins Jr., Motown and New Thought Musician

**After this program you may wish to take a half hour to pray in your own home during the hours of 7pm on Thursday to 6am on Friday. Every prayer is important.**

**Email Aline King at [ankunity@gmail.com](mailto:ankunity@gmail.com) to specify a time please.**

**[www.unity.org/wdop/shareblessing](http://www.unity.org/wdop/shareblessing) good reflection questions are here.**

## **Thursday, September 10th**

- 6am (PST) - Live music with Eddie Watkins Jr.
- 9am (PST - Bilingual prayer service (English and Spanish)
- Rev. Patricia Bass, Interim Chief Executive Officer, Unity Worldwide Ministries
- Rev. Juan del Hierro, Associate Minister, Unity on the Bay, Miami, Florida
- 2pm (PST) - Live music with Eddie Watkins Jr.

## **From the 12 Powers ...**

### **September • Order**

**James, son of Alphaeus  
Navel**

**Color: Olive Green**

The ability to organize, balance,  
sequence, adjust.

*My life is balanced and in order,  
and all is well.*



### **October • Zeal**

**Simon the Canaanite**

**Back of head**

**Color: Orange**

The ability to be enthusiastic,  
be passionate, to start and motivate.

*I enthusiastically accept my good and go  
forward to achieve my purpose.*

## Unity San Diego Music Update

Our newly formed **Virtual Choir** is receiving great praise on their first performances. Thank you again to our Music Director, Ron Councill, and video editor, Gerry Kowalski, for making it all happen! Both the choir and our viewers are excited and eager to see future presentations.

We are happy to have found this new and exciting way for us of being together and sharing our love of music! AND if you're someone who's maybe thought they'd like to sing with the choir but were unable to make the weekly commitment, this is YOUR time to start as the choir welcomes new members. If you would like to join us in any of their upcoming performances, please contact:

**Ron Councill at [ron@UnitySanDiego.org](mailto:ron@UnitySanDiego.org) or call 619-280-2501, #110**

## Greta Mostardo Memorial Service on Zoom

### *An invitation from Tony Mostardo, . . .*

Greta's "Celebration of Life," Virtual Zoom service is planned for Sunday, October 11th at 2pm. Greta was such a talented, charming and lovely lady. We feel so blessed to have known her. Many people from the church that have phoned or sent sympathy sent cards and Tony would like to thank them. To be included on the email invitation list for this memorial, contact [unitysandiegonews.com](http://unitysandiegonews.com) to receive zoom log in information which will be sent the first week of October. Rev. Blair will be officiating.

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## Teresa Fistere Memorial

Memorial service was held for Teresa Farr Fistere on Zoom on June 28th, 2020. The Fistere family want to thank all for being part of the celebration. It was no surprise that so many people wanted to show their love and appreciation for her, and still it was heart-warming that everyone was able to tune in and learn new technology and adapt to unusual circumstances and come together in such a large group. More sharing can be and has been done at the **memorial site: <https://www.memories.net/page/6269/teresa-farr-fistere#!>**

**If you would like to receive  
Daily ePrayers, Weekly eNews and/or the Bi-monthly Faith for Today Newsletter  
sent to your email sign up on our website at <https://www.unitysandiego.org/enews>.**

## Did You Know?

A gift to our church of appreciated stocks, mutual funds or other property, could be a great tax advantage to you. If you are interested, please contact the church office at **619-280-2501, ext.102 or at [unitysandiego@gmail.com](mailto:unitysandiego@gmail.com)**. Your request will be directed to our **Board President, Cathie Robertson**.

If you plan to include our church in your estate, or on a deed of trust, insurance or any other vehicle, please use the full legal name and address of our church:

**Christ Church Unity, San Diego , 3770 Altadena Ave., San Diego, California 92105**

# We're Glad to be Connected!

Senior Minister  
Reverend Edith  
Washington-Woods

Associate Minister  
Reverend Karla Lightner



3770 Altadena Avenue  
San Diego, CA 92105

Sunday Service 10am  
Church Offices: (619) 280-2501  
Prayer Ministry: (619) 282-7609  
Daily Word Line (619) 281-LOVE (5683)  
2nd Wednesday Meditation 11am  
PrayerMinistry@UnitySanDiego.org

## Healing Services

Healing Services Sundays, September 27 and October 25th  
at 1pm on Zoom

The powerful activity of God's healing power is available to us when we are in conscious connection with Spirit. Please join Rev. Karla Lightner, as we go within to access the healing power that already exists in each and every one of us. Love offerings are graciously accepted.

For more information contact Rev. Karla at 619-218-6135 or [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com)

## Spiritual Recovery Group – “Everlasting Serenity”

Unity San Diego's Tuesday Night Spiritual Recovery Group, “Everlasting Serenity,” has been meeting weekly by Zoom since March. We are finishing up the final steps in our study of the *Biblical 12 Steps* using the *Life Recovery Bible and Workbook*. Once complete, we will move into a study of *The Four Agreements* by Don Miguel Ruiz. This group is for those who are in recovery and for families whose lives have been touched by addiction.

Please contact Rev. Karla Lightner for more information at 619-218-6135 or [revkarlalightner@gmail.com](mailto:revkarlalightner@gmail.com).

## Gift Card (Scrip) News

Those people who have signed up on [shopwithscrip.com](http://shopwithscrip.com) can continue reloading those cards that are reloadable when they need to. Then the church will continue to make money. Also be sure to use your Food for Less, Ralph's and other cards so the money goes to Unity San Diego.

If you are shopping on Amazon, be sure you are using AmazonSmile. It works just like Amazon, but some items have rebates that come to Unity as long as you have designated Christ Church Unity, San Diego

### Please Note:

This information is only current at the time of printing.  
All Classes & Events are subject to change without notice. For more accurate postings, please visit: [www.unitysandiego.org](http://www.unitysandiego.org)

# Come Worship with Us

Unity San Diego | 3770 Altadena Ave | San Diego, CA 92105



## Sunday Lessons



**September / October 2020**

Sunday Service at 10am

**Annual Theme - Perfect Vision:  
Seeing Through a Spiritual Lens**

### September

September 6th – From Fear to Faith with Prayer

September 13th – There's Nothing Like Home

September 20th – Order my Steps

September 27th – Dwelling in the Light - Rev Karla

### October

October 4th – Enthusiastic Love

October 11th – Be Your Authentic Self

October 18th – Beauty is in the Eye

October 25th – I Am a Gift - Rev Karla

Unity San Diego - a Spiritual Community